## PHYSICAL CULTURE AND HYGIENIC BODY BUILDING

A Series of Home Lessons, Prepared by Professor Anton Schatzel, formerly of Richmond.

(FIFTH WEEK'S LESSON.)

More colds in different forms have been directly traced to improper cloth

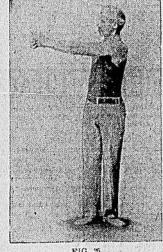


Fig 24.

EXERCISE 24.

From Fig. 24, with feet about four eet apart, repent exercise 5 as shown in first week's course, completing the exercise by bringing the arms to the priginal starting point as shown in fig. 12.

than anything else. To regulate bodily hear the proper clothing is greatest aid we have and must



From Fig. 25, with hands locked and on a line with the shoulders, swing arms from right to left. This movement is en-tirely in the waist. Keep the legs stiff and straight, and the heels firmly resting on the floor, as shown in Fig. 25.

keeps the infortunate hovering on the edge of respectability, but nover allows him to get beyond it.

Fortune has cast me and mine in the latter state. We are swimming with our moses just above water and are doing a mighty lot of wheezing and a prodigious sight of purfing and plowing. Each week we think we are going to be cusked under the current and engulied by the overwhelming tide which will ultimately put us in the blue Jeans breeches and called offers class.

Nothing but pride keeps us up, and six nights in the week the still small voice tells me to call it all off and give up the social ghost.

be such that is adapted to seasons, climate, as well as occupation.
Clothing oneself improperly gives rise to all soits of local congestions such as coles in the head, nose, throat and lung; and many forms of chronic catarrh.
To avied the troubles of the sudden changes of temperature it is best to wear light woolen underclothing, sum-



From Fig 1, of first week's course, swing arms forwards and backwards to a bent elbow position, as shown in Fig. 26. Project chest and draw back chin, as you push back the elbows with the hands under the chin.

mer and winter, but meet the changes in season and climate by the addition of outside clothin.

outside clothin.

In winter most men spend the greater part of their time indoors and, therefore, heavy underclothing is apt to include perspiration and to render one liable to catch cold when exposed to sudden draft or to the cold air outside. Medlum woolen goods absorb the perspiration better than cotton or anything



FIG. 27.

EXERCISE. 2 From Fig. 17, of my third week's course, swing arms straight and stiff over head until the hands rest on the floor. From this position swing up to a sitting position: at the samee time swing hands in front of you, assuming position as shown 11. Fig. 27.

The bee of contentment never roosts in our headgear; on the contrary, the posky humbug is forever hankering after the honey in somebody else's flower garden and buzzing contempt at the blossoms that ought to add a saccharine flavor to his existence.

Whims of the Idler.

TWO SPECIES OF POVERTY.

sudden changes of temperature.

JIOW TO INCREASE IN WEATHT.

Practice physical culture and hygienic body building daily for at least thirty injutes—forty minutes is better. Avoid excess in mental or physical work, rest for twenty or thirty minutes after each meal. Take a short map after the noon meal. Do not worry nor hurry, sleep well and long and avoid great fatigue. Drink freely of cool water or hot if most digestible and fattening foods, such as milk, eggs, dates and figs.

Take the eggs raw or raw, beaten with milk. Use zwelhack to encourage mastitation. Use plenty of moist food, well cooked, including the starchy foods, the breakfast grains, potatoes and green corn, etc. Use plenty of fruit and singar. Avoid foods that are constipating. Avoid rich mixtures that are liable to induce indigestion. Avoid condiments, relishes, stimulants and an excess of acids. Foods, as marked in the diet table, are most preferable. Let your baths be short and not too frequent; use a dry one occasionally as a substitute. Give yourself some leisure for recreation and be regular in your habits. Avoid the most exciting and strenuous sports.

Remember that heredity sometimes prevents the putting on of a very large amount of fiesh, even with the best of

vents the putting on of a very large amount of fiesh, even with the best of attention to the rules, as laid down above.

How To Reduce the Weight.

Drink only water enough for health.

Dress warmly, or put on a sweater while



FIG. 28.
EXERCISE 28.
From Fig. 17 of third week's course, with hands over head, raise knees, and at the same time swing hands forwards and downwards, grasping the legs just a little below the knees and press blighs firmly against the abdomen as shown in Fig. 28.

practicing physical culture and hygienic body building, and exercise vigorously so as to produce profuse and prolonged perspiration. Practice a great deal of abdominal gymnastics. After exercise take a cold bath daily.

Take a Turkish or Russian bath cace a week, followed by a general massage, Become as active as possible in your general habits of life. Walk a great deal or rather all you can. Take the smallest amount of sleep which your age and individual needs require. Avoid siuggishness, Be careful about your diet. Eat less. Avoid sauces, spices, puddings, pies, cakes, milk, alcoholic drinks, mait liquors, water in excess and variety of food at meals, Eat dry food and masticate well.

water in excess and variety of 100d at meals. Eat dry food and masticate well. In extreme cases the diet may need to be made up almost entirely of proteids.

FIFTH WEEK'S LESSON.

Continue the previous courses as illustrated and described, and add the following: Practice each of the 28 exercises is times in the morning before breakfast and is times before retiring at night.

tion, and I would think much more kindly of him-would think of him with that amiability born of conscious pecuniary superiority.

But it is ever the other way; it is over our neighbor who wears the high hat and the Prince Albert, while we wobble about in the fire sale habiliments and sneakingly thank our blessed stars that we've barely been able to escape the overalls.

ails.

On Saturday nights, when my pipe is well lit and is putting aromatically after I have handed over 17 week's earnings to the petitionated Napoleon of finance-at our house, I often pause to philosophize over the situation. Philosophy born of pipe-smoking comes dead easy; a pipe of tobacco with the proper degree of unobstructed suction can make mole hills out of mountains and unkink every problem of life.

It is under such ameliogating canditions

lem of life.

It is under such amellorating conditions that the lens of imagination magnifies one's self-importance and minifies one's shortcomings. On these occasions I call the Commander-in-Chief to my side and say: "Well, Chickabiddy, It is true that Bradstreet hasn't got me rated in the same class with Rockefeller and Pierp. Morgan, but after all, it doesn't take much cheerfulness to see that the sun ain't wearing a crope vell. The hundred dollars a year more which the boss agreed to give me, just before he was selzed with convulsions, ought to remove every obstacle from our way, and pave life's pathway with concrete from one on until doomsday. We can loosen up like Injun rubber, now, can't we?" \* \*

the best foot foremost and never under pressure.

But keeping the best foot foremost when one's financial limbs are painfully rheumatic gets to be a hard, hard job as the years creep by, and the wolf establishes a permanent habital at one's door. After the guests have gone, after the files and chiles have been scared off from the doors have been locked for the night, there comes that dark brown recing, born of metal and after the doors have been locked for the night, there comes that dark brown recing, born of metal and live in a wooden shart with the procession any more Let's fix our abode with the scum of Screamersville and live in a wooden sharty with the pig in the parlor, but peace on our minds.

For argue as you may, there's an after of comforend a delicious abandon about being "dead oo-white," and the status at least affords a degree of mental relaxation that far fulle on the outer edge of seeming respectability.

But lits hard for me to make the Commander-in-Chief see things my way. No po-white for her, "When it gets to that," says see, "I want to be hauled off to the cometery. True, there are moments when I'd almost be willing to be a big black, flat, sussey, bounding light for the first will be a by my limit. I can't stand 'em. They stand flats' And so, the flat having gone forth from headquarters, we must continue to light the seeming hopeless battle with our measily amnunition, though I don't say my hackle feathers won't go up every hour or so. jun rubber, now, can't we?".

Does the good woman hop up and dance the Highland filing at this announcement? Not a bit of it. She lengthens her face until it looks the shape of a cucumber, and pessimistically remarks: "Well, I aint a-saying that every drop in the bucket don't count, but you remember that us two ain't a-going it alone now. There's the children, poor little dears, that are needing more every minute, and while I aint a-complainin, you know they keep me on the jump from sunup till bed-time.

sternly questioned and browbeaten, makes a stammering defense, and is then dismissed without notice. It is always the same clerk. Sometimes he is dismissed twenty or thirty times a day. If he pleads a wife and various numbers of infant children the customer, as a rule, magnanimously begs him off. He is engaged for his lean and pathetic appearance.—London Globe.

DEMAND FOR DUCKLINGS.

The Poultry Dealer Explains the Ramfications of His Business.

Standing two or three deep outside the window of a dealer in poultry supplies in a busy downtown street was a bunch of people watching with great interest the doings of a flock of restless duck

"What will finally become of the little ducks?" repeated the poultry dealer. "They will all be soid to go out of the city, to the suburbs or the country. We sold six out of this brood this morning to a man who lives on Long Island. We shall sell the rest to people who see the ducks in the window and take a fancy to them. We sell in this way, right here, in the course of a year, thousands of ducks and little chicks.

"We can put up a pair or a dozen little chicks, or of ducks, in a package that you can carry as handly as any package of merchandise. We have boxes of varlous sorts and sizes expressly made for that purpose. Here, for instance, is a paper box with perforations for ventilation, in which you can carry a pair of chicks."—New York Sun. "What will finally become of the little

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## We can't be too emphatic in urging you to attend this great Clearance Sale To-Morrow. Such values, as the items plainly show, are rarely offered. That's why we advise you to come To-Morrow. Such opportunities may not be presented again. No mail orders. **Housekeeping Linen Bargains**

We speak of Table Tops and other Squares and Bureau and other Scarfs. They are all of linen and hemstitched, but vary in price on account of other open work. For instance:

For Bargains of Vital Interest to You

A single row of open work, 30x30 inches, 38c; 24x24, 20c; 18x18, 25c; 18x27, 25c; 18x36, 30c; 18x45, 35c; 18x54, 40c.

Three rows of open work, the 04-inch White Organdie, very center row being an inch wide, prices as follows: sheer; value 25c, at, yd., 16 2-8c

Big Clearance of Linen, Wash and White Goods

Monday Offers Remarkable Opportunities

ly sold at 10c a yard, at . . 8 1-3c

40-inch Fine White India Linon,

very fine and sheer; value 19c,

30x30, 75c; 24x24, 50c; 18x18, 85c; 18x27, 40c; 18x36, 50c; 18x45, 60c; 18x54, 75c.

Besides these two very popular styles we have others varying in open work at prices between these. Also Doylies at 10c and 12 1-20 each.

These are shown in the Household Linen Department, near ele-vator, where all useful articles in linen can be found

# Thallimer's, Fifth & Broad.

Another special lot of Colored Dress Lawns, in white grounds, neat

figures, stripes and floral effects; in lawn and batiste; reduced to, per

32-inch Fine White Persian Lawn, | Fine White India Linon, regular-

## \$15 to \$25 Tailor-Made Suits \$15

Dozens of Different Styles.

sheer and cool, value 25c, at ..... 12 1-2c

36-inch Figured Batiste, in white

grounds, neat, small designs; value 12 1-2c, at ...... 8 1-3c

Organdie Lawns, beautiful floral

Scores of these suits are models that will be most worn the coming season. Stylish mixtures and the prevailing cloths. This is a chance for most desirable Summer and Autumn Suits at 1-4 price and less.

## \$15 Linen Suifs \$10

Long Coat and Frock-and-Frill Ideas. Suits fitted with Thaihimer style character, every model being fashion's extreme production, for midsummer wear. Handsome Belgian

Fetching collarless effects, strapped seamed long coats and latest lox plaited frock-and-frill. Perfectly poised skirts.

## Marvelous Skirt Clearance \$3.98 Linen Walking Skirts \$2.48

Ultra-stylish summer girl models, full plaited, displaying all the dash and modishness of the more expensive linen skirts. At \$3.98 this is the best linen skirt in town. At the reduced price every woman will want two of them. No alterations.

#### \$6.48 Finest Linen Walking Skirts \$3.98

Belgian Linen, Handkerchief and Butcher Linens and brilliant French Rep. in the newest full and combination plaited models. Skirts that are in the highest vogue at all the seaside resorts.

## **Clearing Wash Fabrics**

DURING THE MONTH OF JULY.

And many of them are the greatest favorites of the season.

All 5c and 6 1-4c pretty Figured Lawns and Batiste, reduced to

## White Waists for Women

made with embroidered V-shape yoke, with two lace insertions: tucks below yoke, tucked back and trimmed stock collar.

made to sell at \$1.50.

AT \$1.00-White Lawn Waists, | AT \$1.00-White India Linon Waists, buttoned back, deep tucked; front of Mexican handdraw work; made to sell at \$1.50.

AT \$1.00-White Linon Waists, tucks and embroidered medallion below yoke, tucked back and stock collar; made to sell at \$1.50.

## **Great Sacrifice of Skirts**

Great clearance sale of Ladies' and Misses' Walking Skirts at and below cost; materials consisting of plain and Fancy Mohairs, Sicilians, Panamas and Nobby Suitings. All the best models in a choice of materials. A rare opportunity to secure a serviceable skirt for fall

SHILL COS	*** DECKED TO SE								
\$12.50	Skirts	reduced	to				8	10.00	
\$10.00	Skirts	reduced	to			lio parte	8	7.50	
		reduced							
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\$15.00,	\$12,50	and \$10	.00	Skirts	now		8	5.00	
\$ 7.48	and \$	8.48 Skir	ts 1	now .			8	8.48	

## Women's Taffeta Silk Shirtwaist Dresses

CATCHIEST PRICES OF THE CURRENT SEASON.

An upheaval in prices. Such dainty Dresses at the prices named is a decidedly sensational and radical procedure. But it is characteristic of the Thalhimer store to do things in an unusual way. THERE ARE SEVERAL GROUPS, BUT \$7.50 IS THE EASY STARTING POINT.

AT 87.50—Silk Shirt Waists Dresses of fine quality taffeta silk.

Colors blue, brown, green; made with full blouse waist; skirt
tucked to match waist; also dresses of fancy taffeta, in brown, Oxford blue and red colorings; dresses that sold earlier up to \$15.00

AT \$10.00—Regularly up to \$15.75—Shirt Waist Dresses of fancy taffeta, blue, green and brown, with white dash—full blouse waist, stylish pleated skirt.

AT \$15.00—Shirt Waist Dresses, made from taffeta, that would sell readily in dresses up to \$25.00; of plain and fancy taffetas, in a variety of pretty styles and colorings.

AND IN ADDITION WE PLACE ON SALE MONDAY:

AT \$3.50—The greatest values ever known in Outing Suits of linen, made in jaunty frock and frills styles, with tucked skirts; regular price, \$5.00.

AT \$5.00—White Linen Coats, box effect, trimmed down front and around sleeves with eyelet embroidery; former price, \$7.50. AT 87.50-Linea Suits, in white, light blue and green, Eton trimmed

with eyelet embroidery; also the plaited frocks-and-frills jacket and the semi-fitted coat, plaited skirts; splendid \$10 and \$12.50 values.

# this thing of keeping up a brave front that causes all the trouble. So, too, we get down to an Irish potato and cymbiling basis on our bill of fare, but if anybody drops in, we quickly have the cook hurrying out of the back gate to the nearby grocery in quest of chipped beef, nor do we fall to embellish the table with the last instalment of our damson preserves. At crucial moments like these 'tis hard to restrain the children from saying indiscreet things which reveal our dark secrets, but somehow or other we keep the best foot foremost and never wince under pressure.

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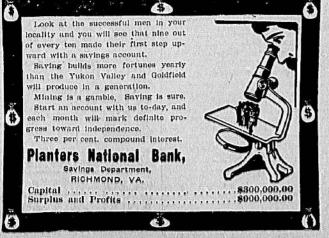
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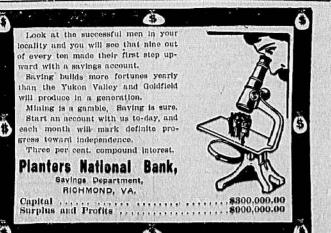
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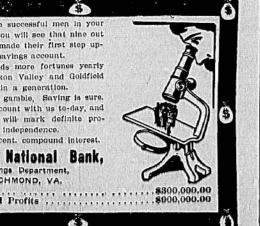
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and the strength of character of a guinea pig.

And thus it is that our noses are constantly being skinned on the grindstone of emulation, while we drug along about mine laps beind our neighbors who "unbeknowst" to us are doing precisely the same idiotic thing with their neighbors. All up and down the line the huge bluff is being kept up, and not a blessed soul of us has got the stamina to appear in his true colors.

The Commander-in-Chief, in her desperation, may find herself compelled to do her own washing, but she sees to it that the curtains in the front windows are kept clean and that my home made shirts are as immaculate as those of the folks who subscribe to Confederate monuments and get their names in the papers. It's mistake clerk is sont for by the manager,